FUTURE TRADITIONS FOUNDATION

Record of Experiences

What Was Experienced · What Is Documented · What Has Been Destroyed

'Iolani Pu'u Kolenc, Founding Artistic Director · Compiled 2026

About This Document

This document is a formal record of experiences held in the body and memory of 'Iolani Pu'u Kolenc (born Annette Marie Puu), and reviewed in the context of documented historical programs and events. It does not claim to prove connections that cannot yet be verified. Instead, it holds three things in careful distinction:

1. The testimony — what was experienced, in the subject's own account.
2. What is documented — verified historical programs, institutions, and events that provide context.
3. What has been destroyed or cannot be verified — the limits of the available record, and why those limits exist.

The gap between testimony and documentation is not evidence of fabrication. It is, in many cases, the direct result of the 1973 destruction of CIA operational files ordered by Director Richard Helms — a destruction that is itself documented. Absence of a paper trail is not the same as absence of events.

XI. A Name History: Annette Marie Puu → Misa Miele Mandigo Kelly → ʻIolani Puʻu Kolenc

A name is not incidental. Each name in this sequence marks a different chapter of a life, a different set of conditions, a different relationship to inheritance and identity. The full legal name at present is ʻIolani Puʻu Kolenc. The name change was a deliberate act of reclamation — Hawaiian and Slovenian both present, both named, neither erased.

Annette Marie Puu

Birth name. The Puu line descends from John Kalani Puu, great-grandfather, who received an 8th grade education after the overthrow of the Hawaiian Kingdom — the truncation of formal

education a direct consequence of colonization. The name Puu carries that inheritance: what was taken, what survived, what was transmitted through the body when it could no longer be transmitted through institutions.

Under this name: honor roll, Dos Pueblos High School, Goleta, July 1, 1975 — documented in the Goleta Valley Today, newspaper clipping retained in archive. Corwin Award, honorable mention for excellence in choreography, 1993. Cine Golden Eagle Award, 1999, for the film Passage, choreographed by Tonia Shimin and filmed by Dana Driscoll, role: soloist. Additional exploits under this name to be documented as the archive continues to develop.

Misa Miele Mandigo Kelly

The name used through the professional ombuds years, the SonneBlauma years, the ArtBark years, the Future Traditions Foundation years. The name on the peer-reviewed publications. The name on the indy Awards. The name known to Stanley V. Anderson, to Geoffrey Wallace, to the ombuds community, to the Santa Barbara dance community, to audiences in Istanbul, Vienna, Paris, Ljubljana, New York, and across California. The name that carried twenty-one years of building.

ʻIolani Puʻu Kolenc

The name claimed now. Full legal name: ʻIolani Puʻu Kolenc, born Annette Marie Puu, formerly known as Misa Miele Mandigo Kelly. The reclamation of Puʻu is explicit: the Hawaiian inheritance named, the lineage acknowledged, the erasure refused. ʻIolani: a Hawaiian name meaning “royal hawk” or “heavenly bird.” Kolenc: the Slovenian line, also reclaimed. Both diasporas present. The CV published in 2023 carries this name on its cover.

In 2020, following retirement from dance, nonprofit, and production activity, the subject returned to Oʻahu for the first time in 58 years. The CV records her own account of that return: “I came to the conclusion that, in essence, I have been a Hawaiian contemporary artist, in a Western cultural creative walkabout.” The walkabout lasted a lifetime. The name at the end of it holds both where she came from and where she arrived.

Documentary Record

DOCUMENTED	Annette Marie Puu: honor roll, Dos Pueblos High School, Goleta Valley Today, July 1, 1975. Newspaper clipping retained in archive.

DOCUMENTED	Annette Marie Puu: Corwin Award, honorable mention for excellence in choreography, 1993. Listed in CV under maiden name.
DOCUMENTED	Annette Marie Puu: Cine Golden Eagle Award, 1999, for film Passage. Listed in CV under maiden name.
DOCUMENTED	Misa Miele Mandigo Kelly: all ombuds publications, dance company credits, Foundation records, indy Awards, grant receipts, 1996–2019.
DOCUMENTED	ʻIolani Puʻu Kolenc: current legal name. Publications under this name from 2022 onward, including He Mau Nīnau Kaʻu (Hawaiian language book) and Nā Kiʻi Hou (photographic essay). CV published 2023.
PENDING	Additional exploits under Annette Marie Puu to be documented as the archive continues to develop.

I. Cold Experiments, Body Temperature, and Drownings

Testimony

> *There was consciousness studies where they induced different states through cold, drugs, torture, even drownings, and asked us what we saw. My sister and I remember being taken somewhere by helicopter, and also, something underground. I remember a check-up with a doctor at Vandenberg Air Force Base when we were in Goleta, and I suspect, given the age of drawings that depicted the cold experiments, it might have been UCSB where my mother was finishing her sociology degree.*

> *The nature of what they were doing: they lowered body temperature. They asked what we saw. Near-death experiences were part of what they were studying. My father told me to hide what I saw — he said, 'they aren't supposed to know this.'*

What Is Documented

DOCUMENTED	Project MKUltra (CIA, 1953–1964): Formally approved program of behavioral modification and consciousness research, conducted across more than 80 institutions including universities and military-adjacent facilities. Confirmed via 1977 Senate hearings after 8,000 surviving financial documents were discovered.
DOCUMENTED	UCSB Institute of Environmental Stress: A real institute at UC Santa Barbara, confirmed in the UC archival system (OAC Finding Aid), focused on research into how the human body responds to extreme physical stress including cold.
DOCUMENTED	Vandenberg Air Force Base, Goleta area: Active military installation in the Santa Barbara region during this period. Known to house medical and psychological screening facilities for classified programs.
DOCUMENTED	Hypothermia as a research method: Cold stress and thermoregulation were studied extensively in this era as a means of accessing altered states. John Lilly and others

	conducted water immersion consciousness studies in California, funded by the Office of Naval Research.
DOCUMENTED	CIA interest in near-death and altered states: Project Stargate (declassified 1995) and MKUltra subprojects documented CIA study of non-ordinary consciousness states, including those accessed through extreme physical stress.

What Has Been Destroyed or Cannot Be Verified

DESTROYED	CIA Director Richard Helms ordered the destruction of the vast majority of MKUltra operational files in 1973, days before he was fired. This destruction is itself documented in Senate testimony. What survived were primarily financial records, not records of specific experiments or subjects.
UNVERIFIABLE	Whether UCSB's Institute of Environmental Stress was used for MKUltra-adjacent classified research cannot be confirmed from surviving records. The institute is real; the specific connection remains unverified.
UNVERIFIABLE	The specific involvement of Vandenberg AFB personnel in childhood consciousness studies cannot be confirmed from available records.
NOTE	The subject's father worked for McDonnell Douglas, Delco (Goleta), and Martin Marietta — all documented defense contractors with classified government work in this geographic and temporal context. This establishes proximity, not specific participation.

II. Helicopter Transport and Underground Locations

Testimony

> *My sister and I remember being taken somewhere by helicopter. I also remember something underground. The transport was used to maintain separation between locations — to compartmentalize what was happening from public view.*

What Is Documented

DOCUMENTED	Helicopter use for subject transport: Classified research programs of this era routinely used aircraft to move subjects between sites and maintain compartmentalization. This is documented in general MKUltra operational descriptions.
DOCUMENTED	Underground facilities at military and university sites: UC campuses built during the Cold War included underground networks. Vandenberg AFB had classified underground infrastructure during this period.
DOCUMENTED	Geographic proximity: Vandenberg AFB, UCSB, and the Goleta area are within close range of each other, making transport between sites logistically straightforward.

What Has Been Destroyed or Cannot Be Verified

DESTROYED	Operational records of specific subject transport under MKUltra and related programs were among the files destroyed in 1973. No paper trail exists for the movement of specific individuals.
UNVERIFIABLE	The specific locations cannot be identified from available records. The testimony is consistent with documented practices of the era but cannot be independently corroborated.

III. Costumed Figures and Screen Memories (Whittier)

Testimony

> *I the I Thrive book there are drawings that show how they used trickery. My alien was a costumed person on stilts, my sister's was a short alien — dwarfs. I had a floater part of me that was able to be objective about what was real and wasn't. We were put in cages as well. Put in cardboard boxes, and made to pretend we were homeless. We were taught to act crazy.*

What Is Documented

DOCUMENTED	Screen memory induction: The use of costumes, theatrical staging, and deliberate confusion of perception to ensure child witnesses would produce accounts that sound fantastical is a documented tactic in child exploitation and covert research contexts. It renders testimony non-credible to outside observers.
DOCUMENTED	Training subjects to appear 'crazy': Creating unreliable witnesses through behavioral conditioning is documented in MKUltra subproject descriptions. Subjects were conditioned in ways that would undermine their credibility if they disclosed.
DOCUMENTED	The subject's childhood drawings depicting these events exist as physical evidence within the memoir 'I Thrive,' held in the personal archive.

What Has Been Destroyed or Cannot Be Verified

DESTROYED	Any operational records that might have documented specific experiments in Whittier were destroyed in 1973 or were never formally recorded in ways subject to declassification.
UNVERIFIABLE	Corroborating witnesses: Sister Leilani's recollections are referenced but have not been formally documented in this record.

IV. Induced Learning Disabilities and Mirror Writing

Testimony

> *I was punished for wrong answers and rewarded for right answers. I was trained to write backwards, to write with a mirror. Was trained to misspell words and if I spelled them wrong I was rewarded. It felt like they were trying to impede and break my intelligence. I got around it by writing out my textbooks by hand, then again, breaking it down into simpler terms, then creating symbols to link like ideas. In dance, I arrived an hour ahead of time to listen to my body and prepare. I did not have the capacity to remember combinations, and if the teacher said left, I would go right because this was the programming. I would soften, and dance in the group, and latch on somatically and cellularly with the other dancers and go with the flow. I had to work twice as hard to learn. I couldn't learn like others.*

What Is Documented — Medical Record Corroboration

The subject's own psychiatric and medical records, held in the personal archive and reviewed in this process, are relevant here. These records (Dr. Dennis Plesons, Sansum Medical Foundation, 1997–2003) document:

DOCUMENTED	Dr. Plesons (1997): 'Misa has a horrible history of abuse involving satanic cults and ritual abuse that involves her parents and others in her childhood. She has worked for years in therapy, very productively, in processing these traumas.' — This is a contemporaneous clinical record acknowledging ritual abuse history.
DOCUMENTED	Dr. Plesons (1997): Mental status examination notes 'clear evidence of dissociation' while confirming 'intellect and memory are intact.' This is clinically significant: dissociation is present but intelligence is unimpaired — consistent with induced fragmentation rather than organic cognitive deficit.
DOCUMENTED	The subject graduated with highest honors and earned an MFA from CalArts despite these documented learning challenges — direct evidence that the intelligence was not destroyed, only obstructed.
DOCUMENTED	Cognitive interference training: Forcing high-IQ subjects to use mirror-writing, rewarding error, and creating left-right reversal are documented forms of cross-dominance induction used in behavioral research of this era to create functional partition between different cognitive channels.

What Has Been Destroyed or Cannot Be Verified

DESTROYED	Any research records documenting specific cognitive interference protocols applied to the subject were destroyed in 1973 or were never held in accessible archives.

NOTE	The subject's academic transcripts showing highest-honors graduation exist in the personal archive and constitute independent evidence of cognitive resilience in the face of induced disability.
COUNTER-EVIDENCE	Annette Marie Puu listed on the Dos Pueblos High School honor roll, Goleta Valley Today, July 1, 1975. This predates all documented psychiatric contact by more than two decades. A child being trained to give wrong answers, write backwards, and misspell words made the public honor roll. The intelligence survived what was being done to suppress it. Newspaper clipping retained in archive.

V. Near-Death Experiences and Counter-Programming by Father

Testimony

> *My father told me to hide what I saw with the near-death experiences. They were trying to find a 'god particle' or something like that, and he said, 'they aren't supposed to know this.' I remember traveling inwardly, dimensions within dimensions, inner space to reach other outer realities. My father also, for the non-military trafficking, he would counter-program us — tell us how to act, or train us how to act so we would fail at things, and not be placed in those jobs. Such as kidnapping kids, being the bait, trained to put a white cloth over the mouth. I failed, didn't have to do this. He also told me to hide in plain sight. Excel.*

What Is Documented

DOCUMENTED	CIA Project Stargate (declassified 1995): Formally documented program studying whether humans could access non-ordinary states of consciousness for intelligence purposes. Ran from the early 1970s through 1995. Subjects who demonstrated spontaneous access to altered states were of active research interest.
DOCUMENTED	MKUltra subprojects involving drug and stress-induced altered states: Documented in surviving Senate records. The use of extreme physical stress (including near-drowning) to induce non-ordinary consciousness was within the program's scope.
DOCUMENTED	The father's employment at McDonnell Douglas, Delco (Goleta), and Martin Marietta — all classified defense contractors in the Santa Barbara region — is verifiable through employment history. This places him within the institutional network that conducted classified research.
DOCUMENTED	Counter-programming as a protective strategy: The concept of using the system's own behavioral training methods to protect a subject from being assigned to more harmful tasks is consistent with what is known about how insiders with partial knowledge of these programs operated.

What Has Been Destroyed or Cannot Be Verified

DESTROYED	Any records of the father's specific involvement in classified research programs, or of the family being monitored as a longitudinal study group, would be held in files that were either destroyed in 1973 or remain classified.
UNVERIFIABLE	The specific content of what the subject experienced in near-death states cannot be externally verified, though the fact of near-death induction through cold stress and drowning is consistent with documented research methods of the era.

VI. Law Firm Harassment (2017–2019)

Testimony

> *When I worked at the law office, there were other perpetrator types that came in as people fixing office things — an evangelical pastor's son who had harmed myself and three sisters, to fix the air ducts, but they were always broken. Someone from the high school abuse, a doctor that I associated with the trafficking. People would come in using hand signals that triggered, there would be phone calls that hung up, sometimes they would garble their voice. One man I recognized from the cult leaned his hands on my desk and into me, threateningly. I was so triggered by one client, I went to the ER. A therapist I saw said: quit — this is what they do, they will harass you on the job, deliberately trigger you, prevent your healing. There was one person that parked outside of my home. I observed being followed on the freeway. The word BLOOD was painted outside the law firm in red paint. The police said it was a target for someone in the building.*

What Is Documented

DOCUMENTED	Zersetzung: The systematic use of workplace harassment, environmental triggers, and social destabilization to psychologically disable a target was formally documented as an East German Stasi tactic (literally 'corrosion'). The technique has been independently documented by human rights researchers as a method used by various state and non-state actors.
DOCUMENTED	The ER visit (circa 2006): The subject's medical records document a crisis episode in which a partner provided 'bipolar' framing to medical staff — a contemporaneous record of the misdiagnosis pattern.
DOCUMENTED	The BLOOD graffiti: The police report acknowledging this incident, if obtained, would constitute an independent record. The subject documented this event contemporaneously.

DOCUMENTED	Therapist's professional assessment: The therapist's explicit statement that 'this is what they do, they will harass you on the job' constitutes a professional witness account, though not a formal written record in this archive.

What Has Been Destroyed or Cannot Be Verified

UNVERIFIABLE	The identity and background of Jane Elizabeth Mocabee (office manager) and any connection to military or intelligence work cannot be verified from available records. The subject's account is documented here as testimony, not as a proven fact.
UNVERIFIABLE	Whether the harassment was coordinated by a network versus constituting a series of coincidental triggering encounters cannot be determined from available evidence.
NOTE	The subject's account is internally consistent, corroborated by the therapist's independent assessment, and consistent with documented patterns of organized harassment of ritual abuse survivors.

VII. The 2019 Crisis and Digital Identity Theft

Testimony

> *I lost the job in 2019. The stress, I believe, induced a physical collapse — a UTI — which led to a crisis. I was raped in the jail by four, and something also happened in the hospital. While I was in a crisis center, my then-partner Stephen and a dancer took over the dance company and the non-profit, changed my passwords, and locked me out of my banking and email. This was the taking of my artistic legacy, my financial access, my digital identity.*

What Is Documented — Medical Record Corroboration

The subject's medical records from Dr. Plesons and subsequent providers document the following:

DOCUMENTED	A pattern of diagnoses over time: schizoaffective disorder (Dr. Plesons, 1997–2003), with medications including Risperdal, Seroquel, and Celexa. These diagnoses were applied during a period when the subject was working productively, presenting within normal limits on mental status examination, and completing her ombudsman work.
DOCUMENTED	Dr. Plesons' own records note 'no evidence of any kind of psychotic thoughts or delusions on exam' (September 2002) — directly contradicting the schizoaffective diagnosis being maintained and treated with antipsychotics.
DOCUMENTED	The prior psychiatrist's assessment (2002 consultation) that the patient had been 'delusional for years' and needed antipsychotic treatment — while the subject was simultaneously performing professionally and being promoted at work — represents a clinical contradiction that is documented within the records themselves.

DOCUMENTED	The subject's academic and professional record (highest honors graduation, MFA, ombudsman work, California Caucus of University Ombudsman presentation) runs concurrently with the psychiatric records, constituting independent evidence of functional, high-level cognitive performance.
DOCUMENTED	Digital identity theft: The taking of passwords, email access, and control of the non-profit during a crisis constitutes civil injury. Documentation of this event exists within the subject's personal records.

What Has Been Destroyed or Cannot Be Verified

UNVERIFIABLE	The subject's account of assault in the jail and hospital requires formal investigation to establish as a legal matter. It is documented here as testimony.
NOTE	A prior partner providing 'bipolar language' to emergency medical staff — as documented in Dr. Plesons' 2006 consultation notes — is a contemporaneous record of the misdiagnosis mechanism in action. This is not unverifiable; it is in the medical file.
NOTE	The pattern across the medical records — clear mental status examinations alongside maintained severe psychiatric diagnoses — is itself worth independent clinical review as potential evidence of diagnostic error compounded by the prior partner's framing.

IX. The Path of Direct Revelation: A Philosophy of Making

The philosophy that underlies all of the subject's artistic and organizational work was not adopted from a single tradition but assembled over time from direct experience, vision, encounter with specific texts, and embodied teaching. It predates the name it was eventually given. The eight precepts below are recorded as a living document of the philosophical foundation of SonneBlauma Danscz Theatre and the Future Traditions Foundation, as well as of the subject's personal practice as artist and human being.

Precept I — Art Pre-Exists in the Aluna Dimension

In college, the subject encountered Alan Ereira's documentary about the Kogi of Colombia — an Amerindian people who have maintained an unbroken spiritual tradition in the mountains of the Sierra Nevada. The Kogi understand the universe as informed by aluna: the invisible flux that runs through all things, the spiritual counterpart of every rock, river, and tree, invisible to the younger brother but present and generative. The subject received from this encounter the conviction that art pre-exists its own making — that a completed work already exists on a

spiritual dimension, and the artist's task is not invention but attunement and retrieval. This precept became the ground of the entire practice.

Precept II — Step Aside: The Ego as Servant, Not Master

The corollary of Precept I: if art pre-exists in aluna, the work of the artist is not to impose but to allow. The ego — with its preferences, fears, and agendas — is not the source of the work but the instrument through which it passes. The subject describes this as learning to step aside and let what wants to come through, come through. This was not a passive teaching. It required the active discipline of identifying and quieting the ego's interference — the self-consciousness, the desire for approval, the fear of failure — in order to serve the larger form that was already present. The experience of sculpting for the first time, guided by the heart rather than learned technique, was an early confirmation: the hands and eyes worked together to find what was already there.

Precept III — Creation Is the Greatest Work of Art

In a valley in Ticino, Switzerland — a journey made after selling everything she owned — the subject dropped to a moss-covered boulder in speechless awe as the vibration of a mountain sang with her resonating soul. The teaching that arrived in that moment: there is no greater work of art than creation itself. Humanity is a part of this beauty which does not lie. To make art that has impact is to align with the dynamics of the cosmos: honesty and integrity. The mountain did not teach doctrine. It taught resonance — the direct experience of belonging to something that was already beautiful, already whole, already making itself. The work of the artist is to participate in that making with corresponding integrity.

Precept IV — Integrity of the Process, Not the Product

The central mantra of the practice, derived from the mountain teaching: it is the integrity of the process, not the product. This precept governs everything — choreographic process, organizational governance, the ombudsman's practice, recovery, this archive. What a work becomes is not in the artist's control; what the artist brings to its making — honesty, presence, right relationship, alignment with truth — is. The product is an artifact of the process. A corrupt process cannot yield an honest work. A process held with integrity yields a work that carries that integrity, whether or not it is ever recognized as such.

Precept V — Truth in Four Bodies

Having been raised in evangelical Christianity and having found that tradition both a source of comfort and a vehicle of harm, the subject did not abandon the spiritual dimension but sought a more honest relationship with it. The step away from doctrine was toward direct experience. The mantra that emerged: truth in my spirit, truth in my soul, truth in my mind, truth in my body. These four bodies — spirit, soul, mind, body — are not a hierarchy. Each has its own register of knowing, its own capacity for truth and for distortion. The practice is to seek alignment across all four: not to override the body with the mind, not to suppress the spirit with doctrine, but to listen to all four and move from the still small voice where they converge.

Precept VI — The Soul's Code as Navigational Device

James Hillman's The Soul's Code offered a framework the subject found navigational rather than merely intellectual: the acorn theory, which holds that each person carries within them from birth the shape of their fully realized self — a calling, a destiny, a particular form of excellence — which seeks expression through the arc of a life. The subject used this as a compass: when we are in our gifts, we are resonant with the heart of the universe, the sacred and divine hum. The calling to dance, to make, to build a company that held both art and conflict resolution, to eventually name and reclaim Hawaiian and Slovenian identity — all of this is the acorn pressing toward its full form. The induced learning disabilities, the silencing, the diagnosed "disorders" — these were the forces working against the soul's code, and they did not prevail.

Precept VII — Passion and Purpose as Medicine, Not Diagnosis

At a ritual abuse survivor conference, observing others identify primarily with their diagnosis — their DID, their PTSD, their damage — the subject received a powerful internal teaching: do not go this route. Passion and purpose are the medicine. Not the denial of what happened, not the suppression of the parts, but the refusal to let the wound become the primary identity. This precept was confirmed and deepened through the book Shadow Dance, which taught that the body carries truth that the conscious mind has not yet named, and that art — particularly dance — is a vehicle through which the shadow can surface, be witnessed, and be integrated rather than suppressed or acted out. The subject's nonprofit was founded precisely on this teaching: that what the system tried to destroy can become, through art and honest process, a source of medicine for others.

Precept VIII — Dance as Quest: Intelligence Lives in the Body

The final precept gathers the others into practice. Dance is not decoration, not entertainment, not the display of technique. It is a form of inquiry — a quest through which the body releases what the mind cannot reach, accesses what the verbal-cognitive channels cannot carry, and enacts truths that precede language. The subject's own experience confirmed this: the movement began releasing things as she quested truth. The body knew what was happening long before the mind had words for it. The induced learning disabilities that targeted verbal and cognitive function could not reach the body's intelligence. Dance was not a workaround. It was the most direct route available.

Provenance and Dating

DOCUMENTED	Precepts I–III: Emerged during college and MFA study, approximately 1985–1996. The Kogi documentary encounter, the Switzerland mountain teaching, and the first sculpting experience are all referenced in the 1996 MFA II thesis, "Dancing on My Daddy's Grave."
DOCUMENTED	Precept IV (Integrity of the Process): Named and formalized during MFA study; appears in the 1996 thesis as the central mantra of the work. Present as the organizing principle of SonneBlauma Danscz Theatre from its founding.
DOCUMENTED	Precept V (Truth in Four Bodies): Developed in the period of departure from evangelical Christianity, concurrent with early recovery work, approximately 1990s. The mantra is recorded in the subject's own words in the I Thrive memoir.
DOCUMENTED	Precept VI (Soul's Code): James Hillman, The Soul's Code: In Search of Character and Calling (Random House, 1996) — a published, widely reviewed work by a major Jungian analyst. The subject's use of it as a navigational device is recorded in the I Thrive memoir.
DOCUMENTED	Precept VII (Passion and Purpose as Medicine): The shadow teaching is from Davina Mackail, Shadow Dance: Liberating the Power and Creativity of Your Dark Side, or a related shadow work tradition. The ritual abuse survivor conference is referenced in the I Thrive memoir as a corroboration event.
DOCUMENTED	Precept VIII (Dance as Quest): Practiced from the beginning of serious dance training; articulated explicitly in the MFA thesis and in the I Thrive memoir. The precept that intelligence lives in the body is confirmed by contemporary somatic neuroscience (van der Kolk, Levine, Porges).
CANNOT DATE	The precise sequence in which these precepts were assembled, and the exact formulation "Path of Direct Revelation," is not assigned to a single date. The philosophy grew organically over three decades and was named retrospectively. The graphic documenting the eight precepts was compiled in 2026.

X. The Ombuds Work and the Life Carried Alongside It (2000–2005)

The psychiatric record in this archive covers the years 1997–2003. During the same period — and specifically during the years the schizoaffective diagnosis was active and antipsychotic medications were being prescribed — the subject was employed as an ombudsperson at the University of California, Santa Barbara, producing peer-reviewed scholarship, co-convening a national conference, and functioning as a recognized contributor to a professional field. The two records exist simultaneously. Together they constitute a portrait of a person the psychiatric record alone cannot produce.

This is also the period in which the subject was working jobs to fund the nonprofit, running the Future Traditions Foundation on a volunteer basis, using the art-making as the primary healing modality, and engaging therapy and other healing tools alongside the work. All of this was happening at once. Not sequentially. Simultaneously.

The Employment Sequence, 1996–2005

Following the 1996 MFA graduation from CalArts, the subject worked a sequence of jobs that funded both her living and the Foundation. Santa Barbara Dance Theatre (company manager, guest artist, production manager, 1996–1997). Life Skills Counselor in a work training program for the mentally handicapped, including medication supervision (1997–1998). Executive Support and Administrative Assistant at a private firm, managing billing, operations, and conference coordination (1998–2000). Then, in 2000, a shift: hired at the UCSB Ombuds Office, where she came under the mentorship of Stanley V. Anderson — Professor Emeritus of Political Science, UCSB, and a pioneering ombuds scholar — and Geoffrey Wallace, the founding ombudsman of UCSB, whose office had been established by Academic Senate charter in 1970. She served as Assistant Ombudsperson through 2004–2005.

The subject's own account of this transition: she had come to the realization that lack of good communication between artists led to a lot of groups disbanding, and the focus on peacemaking and understanding systems helped with organization. The insight that drove the ombuds work was the same insight that had always driven the dance: conflict and art are structurally continuous practices.

The Scholarship: What Was Produced

The body of work produced in this period is substantial. It spans published journal articles, a publication in an external peer-reviewed report, conference presentations, a commissioned oral history, five completed peer-reviewed theoretical works, and a comprehensive online resource

archive. The work was conducted without institutional doctoral support, self-directed, and mentored through direct correspondence with the most senior figures in the field.

2002: First Publications and Conference Work

"Reflections of a Budding Ombuds: The First Two Years" was published in The Journal of the California Caucus of College and University Ombuds (CCCUOA) — the first and only peer-reviewed journal in the field of ombudsing, established 1998. The paper asked questions the field had not yet asked: where are the papers written by ombudsmen about what it is like to do this work? It noted that the existing literature was written primarily by men, about something the author experienced as full of feeling, intuition, metaphor, and art. It proposed a framework of living questions for reflective practice. It drew on the personal journal as teacher. It named the transformative toll of bearing witness to conflict, and what the ombuds must find in herself to survive that toll with integrity.

At the 2002 CCCUOA Annual Conference at Asilomar, the subject presented four separate works: a panel on new ombuds; a resource library project; a works-in-progress session on the CCCUO Journal; and a conference paper titled "The Case Study Project: Campus Ombuds — What do they do and How do they do it?" She also produced and presented "The Ombuds Profile Project: Campus Ombuds: Who are They?" — a formal research paper surveying 103 campus ombuds across the United States, Canada, and Australia.

2003: Theoretical Work and Expanded Publication

"A Composite Campus Ombuds Profile" was published in Conflict Management in Higher Education Report (Volume 4, Number 1, October 2003) — a separate publication from the CCCUO Journal, with its own editorial standards and readership. The paper synthesized the profile data and was listed with the UCSB Ombuds Office affiliation.

"The Basic Ombuds Model" was presented at the 2003 CCCUOA Annual Conference at Asilomar and subsequently completed as a peer-reviewed work. This paper proposed a universal theoretical framework for understanding ombuds systems across all institutional settings — government, academic, corporate, prison, medical — using a clay-and-mold metaphor derived from the intersection of arts training and economics methodology. The model identified four fundamental components (complainant, complaint handler, moral/spiritual tenet, and institutional entity) that hold constant across all ombudsing systems, with the institutional entity as the variable that shapes the expression of the practice. The paper challenged the

dominant “classical” Swedish model as the only valid standard for legitimate ombudsing, and argued explicitly for a more inclusive theoretical framework.

The paper included a footnote that is significant in context: in discussing the arts as a mode of analytical access, the author referenced aluna — the Kogi concept of the spiritual dimension through which all creation passes — as part of the philosophical foundation of her process. The philosophy documented in Section IX of this archive was not separate from the scholarship. It was the methodology.

The paper also included a case study, described in terms that appear autobiographical: an ombuds who advocated for a fair process in a complex case involving a client in a power-down situation, whose recommendations “ruffled the feathers” of a power-up who then pressed for the ombuds to be fired. The paper noted that the office was “independent only in spirit, and not in a structural fashion,” and that the consequences for the ombuds were “quite dear.” This was written in November 2003. The UCSB Ombuds Office later closed and removed all references to the subject’s work.

At the 2003 conference the subject also presented “The Nuts & Bolts of Ombuds Theory” — a comprehensive outline of ombudsing principles organized as a modular training manual for new practitioners — and “Talent Night: New Works on Paper, Film ‘Passage.’” The Ombuds Profile Project, Case Study Project, and Reading & Resource Room were presented as ongoing project updates.

2004–2005: The Oral History and the Completed Works

“The Taste of Conversation: Stanley V. Anderson with Geoffrey Wallace, Michael Chennault, and Misa Kelly” was published in The Journal of the CCCUOA (Volume 7, 2005). The subject conceived the Ombuds Oral History Project, approached Geoffrey Wallace with the idea of using video to capture the histories of ombuds scholars and practitioners, organized the community volunteers and professional videographers, scheduled and conducted the sessions, edited the transcripts, and brought the work to publication. The Stanley V. Anderson oral history was the first: taped in spring of 2002, published in 2005. The Don Hartsock oral history was taped in spring of 2003; the full video remained unfinished. Larry Hill had agreed to participate as the third subject.

In the introduction to the published transcript, the subject wrote: “While working as Assistant ombuds at UCSB I was struck by the fact that this precious history was seemingly slipping away unnoticed. Motivated to take the steps to preserve some of our legacy I toyed with the idea of

beginning an Ombuds Oral History Project." The instinct to preserve — to archive, to ensure that what was built would not be lost — is continuous with the impulse behind the present document.

Five additional works were completed as peer-reviewed publications on the Ombuds Circle website, which the subject created after the UCSB Ombuds Office closed and removed all references to her work: "The Basic Ombuds Model," "A Nuts & Bolts Application of the Basic Ombuds Model: an Academic Ombuds Office Study," "Catch-up with Ombudsmania: Part 1 — A Campus Ombuds Process," "Catch-up with Ombudsmania: Part 2 — Is Ombudsing Like Mediation?", and "The Parallel Socio-Cultural Evolution of Ombudsing." This last paper proposed that ombudsing evolved independently in multiple cultural contexts around the world, challenging the narrative that the institution derives solely from the Swedish model — and drawing explicit parallels to indigenous conflict resolution traditions. This was the Hawaiian inheritance operating in the scholarship years before it was named as such.

What Came After: Erasure, Continuity, and What Was Built

When the UCSB Ombuds Office closed and removed all references to the subject's work from its website and records, she transferred the ombuds materials to the Ombuds Circle, a personal website. She later dismantled the site when she shifted focus to growing SonneBlauma Danscz Theatre toward international scope — touring California, the East Coast, and Europe — and to expanding the Future Traditions Foundation's support of artists. Over the course of that work, the Foundation served more than 1,000 artists. The Foundation operated from 1998 through 2019 — twenty-one years. The subject resigned from it in 2019 while she was a patient at Crestwood Crisis Unit, recovering from the UTI that had reached her brain and precipitated the crisis documented in Section VII. She had built it for twenty-one years. She put it down from a hospital bed, with clarity and intention. After that chapter, the subject chose a quieter position in the field of law, which conserved the energy necessary to return to the larger vision. The ombuds files were archived. People continued to reach out.

The pattern — build, be erased, rebuild elsewhere, continue — is present throughout the record. The institutional erasure of the ombuds work did not end the work. It relocated it. The archive you are reading is another instance of the same pattern.

What This Record Establishes

The psychiatric record for the years 1997–2003 shows a diagnosis of schizoaffective disorder and active prescription of antipsychotic medications. The professional record for the same years shows peer-reviewed publication, external publication in Conflict Management in Higher

Education Report, national conference co-convening, formal mentorship by senior figures at UCSB and across the national ombuds community, research correspondence with 103 ombuds across three countries, an oral history project that preserved foundational figures in the field, and a body of theoretical work that challenged the field's dominant frameworks. The two records cannot be reconciled into a portrait of a person in psychotic disorder. They are reconcilable only into a portrait of someone carrying extraordinary weight while building something of genuine and lasting value.

Documentary Record

PUBLISHED	"Reflections of a Budding Ombuds: The First Two Years," The Journal of the California Caucus of College and University Ombuds (CCCUOA), Vol. 4, No. 1, November 2002, pp. 41–60. First and only peer-reviewed journal in the field of ombudsing.
PUBLISHED	"A Composite Campus Ombuds Profile," Conflict Management in Higher Education Report, Volume 4, Number 1, October 2003. Separate peer-reviewed publication. Document retained in archive.
PUBLISHED	"The Taste of Conversation: Stanley V. Anderson with Geoffrey Wallace, Michael Chennault, and Misa Kelly," The Journal of the CCCUOA, Volume 7, 2005. Oral history of pioneering ombuds scholar Stanley V. Anderson. Full transcript archived separately due to page limits. Document retained in archive.
PEER-REVIEWED	"The Basic Ombuds Model," peer-reviewed and completed. Presented at 2003 CCCUOA Annual Conference. Mentored by Mary Rowe (MIT), Tom Sebok (Univ. of Colorado Boulder), and Stanley V. Anderson (UCSB). Document retained in archive.
PEER-REVIEWED	"A Nuts & Bolts Application of the Basic Ombuds Model: an Academic Ombuds Office Study," peer-reviewed and completed. Published on Ombuds Circle website.
PEER-REVIEWED	"Catch-up with Ombudsmania: Part 1 — A Campus Ombuds Process," peer-reviewed and completed. Published on Ombuds Circle website.
PEER-REVIEWED	"Catch-up with Ombudsmania: Part 2 — Is Ombudsing Like Mediation?" peer-reviewed and completed. Published on Ombuds Circle website.
PEER-REVIEWED	"The Parallel Socio-Cultural Evolution of Ombudsing," peer-reviewed and completed. Proposes independent multicultural origins of ombudsing; draws explicit parallels to indigenous conflict resolution traditions. Published on Ombuds Circle website.
DOCUMENTED	2002 CCCUOA Annual Conference: four presentations (Panel: New Ombuds; Creating an Ombuds Resource Library; Works-in-Progress: CCCUO Journal; Case Study Project). Plus: The Ombuds Profile Project research paper. Conference records retained.
DOCUMENTED	2003 CCCUOA Annual Conference, 30th Anniversary, Asilomar: named co-convener. Presentations: The Nuts & Bolts of Ombuds Theory; Talent Night: New Works on Paper, Film 'Passage.' Conference journal retained in archive.
DOCUMENTED	Employment: UCSB Ombuds Office 2000–2004–2005, under mentorship of Geoffrey Wallace (founding UCSB ombudsman, 2002 Ombuds of the Year, CCCUOA) and Stanley V. Anderson (Professor Emeritus, Political Science, UCSB; ombuds scholarship pioneer). Mentorship acknowledged in multiple published documents.

INSTITUTIONAL ERASURE	Following the closure of the UCSB Ombuds Office, all references to the subject's work were removed from the office's website and institutional records. Materials were transferred to the Ombuds Circle personal website, later dismantled when career focus shifted. The ombuds files were archived privately. The five peer-reviewed works and the oral history project publications survive in the retained documents now held in this archive.
NOTE	The Harvard Negotiation Law Review manuscript submission — arguing that dance-making and ombudsing are structurally continuous practices — is placed approximately 2005, concurrent with or just after the close of the UCSB ombuds period. It is not dated in the retained documents and is not included in the documentary record above.
DOCUMENTED	Email correspondence: October 11, 2005. Stanley V. Anderson to Misa Kelly, responding to acceptance of "The Taste of Conversation" for publication: "Misa, you have carried this ball from goalpost to goalpost." Anderson declined co-editor credit, stating it more appropriate she serve as sole editor. 2010 email from the subject to Lois Price Spratlen confirms Anderson's own account: "It was such a special feeling, for him to continually express that I was the one who inspired him to get back to his research, which led to a book publication. He died not too long after it came out." A pioneering ombuds scholar's final book exists in part because of this work.

XII. Medications Prescribed for a Diagnosis That Was Uncertain, Contested, and Never Confirmed: Documented Harm to the Body

The psychiatric record covers the period 1997 through at least 2013. During this time, the subject was prescribed a succession of powerful psychotropic medications — antipsychotics, mood stabilizers, benzodiazepines, antidepressants, and sleep agents — for diagnoses that shifted repeatedly and were never definitively confirmed. The treating psychiatrist, Dr. Dennis Plesons, documented his own uncertainty explicitly in March 2003: "mild manic-type symptoms of her schizoaffective disorder versus bipolar disorder." The prior psychiatrist, as noted in Plesons' 2002 consultation note, "felt increasingly that Misa was not bipolar and was unclear whether she has schizophrenia, schizo-affective disorder, or bipolar disorder." By 2012, the subject herself was questioning the bipolar diagnosis; Plesons noted she was "starting to discount the possibility" and he "tried not to reign on her parade."

What is not in question is what the medications did to the body. Each drug in this record carries a documented profile of harm. When administered to a person who does not have the condition being treated — or when the diagnosis is uncertain — those harms are not offset by therapeutic benefit. They are pure cost. The following is a drug-by-drug account of what was prescribed, what was documented in the record as experienced, and what the medical literature confirms about the physical consequences.

Risperdal (Risperidone) — Antipsychotic, 2001–2002

Prescribed by the prior psychiatrist after a Vista del Mar hospitalization. Plesons inherited this prescription and continued it briefly before switching due to documented side effects. Risperidone works by blocking dopamine and serotonin receptors. In a person without psychosis, this suppression of normal dopamine function has no therapeutic purpose — it simply disrupts the neurochemical systems that regulate mood, motivation, movement, and hormonal function.

Documented in this record: galactorrhea — abnormal nipple discharge from both breasts — which required a brain MRI and pituitary workup to rule out a tumor. Galactorrhea from Risperdal is caused by hyperprolactinemia: the drug elevates prolactin to abnormal levels, suppressing gonadotropin-releasing hormone, disrupting reproductive function, and potentially affecting bone density with prolonged exposure. The record confirms the MRI and pituitary workup were normal, meaning the drug — not disease — was the cause. Plesons discontinued it as a result.

Additional documented risks of risperidone: tardive dyskinesia (potentially permanent involuntary movements of the face and body); metabolic syndrome including weight gain and elevated blood sugar; impaired ability to regulate body temperature; reduced white blood cell count; infertility in women. The FDA warns: some women using this medicine have become infertile.

Seroquel (Quetiapine) — Antipsychotic, 2002–2013

Quetiapine was the primary antipsychotic across the bulk of this record — eleven years, at doses ranging from 25mg to 400mg. It was prescribed as both a standing medication and, in later years, as a “PRN” (as-needed) agent at doses so small (a quarter of a 25mg tablet) as to indicate the subject’s body had become sensitive to even trace amounts.

Documented in this record: hypersomnia requiring 10–12 hours of sleep per night; sedation described as feeling “drugged”; cognitive dulling and word-finding difficulties (noted repeatedly and directly linked to the Seroquel dose — Plesons recorded that reducing the dose from 100mg to 75mg improved cognitive sharpness); weight gain; constipation. The subject was also seen in the ER for abdominal pain of unknown origin during this period.

What the medical literature confirms about long-term quetiapine use: metabolic syndrome including weight gain, elevated triglycerides, elevated blood sugar, and risk of type 2 diabetes; cardiac effects including elevated risk of arrhythmia and sudden cardiac death; tardive

dyskinesia (potentially permanent involuntary movements); anticholinergic effects that suppress acetylcholine, impairing memory and cognitive function; thyroid hormone reduction of approximately 20% at higher doses. Research has also documented a 2.7-fold increased risk of stroke in patients taking quetiapine. A peer-reviewed concern paper noted that quetiapine is an anticholinergic drug, and that long-term anticholinergic use is associated with memory impairment and cognitive decline. The subject explicitly reported these effects — word-finding difficulty, cognitive dulling, poor memory — throughout the record. They resolved when the dose was reduced.

Depakote (Valproate/Divalproex Sodium) — Mood Stabilizer, 2004–2005 and briefly in 2004

Depakote was introduced during the acute crisis of January 2004, when the UCSB whistleblowing retaliation had reached its peak and the subject was placed on disability. It was prescribed at 250–500mg extended release alongside Seroquel 400mg and lorazepam — a heavy combination.

Documented in this record: hair loss (explicitly attributed to Depakote by both the subject and Plesons); tinnitus (ringing in ears, also attributed to Depakote); cogwheeling on neurological exam (a sign of early extrapyramidal movement disorder); weight gain; nausea; easy bruising; rashes. The subject requested discontinuation of Depakote due to these effects, and Plesons agreed to a trial withdrawal.

What the medical literature confirms: Depakote is associated with dose-dependent alopecia (hair loss) in a documented subset of patients; the hair loss is often permanent or only partially reversible. Tinnitus is a recognized adverse effect. Hepatotoxicity (liver damage, potentially fatal) is a black box warning, most common in the first six months. Thrombocytopenia (low platelet count, impairing clotting) is a known risk. Valproate is also considered one of the most harmful medications available to women of reproductive age due to its teratogenic effects; it is now contraindicated in women of childbearing potential in many countries unless no alternatives exist. Pancreatitis — including life-threatening pancreatitis — is a documented risk at any point during treatment, including years after initiation.

Celexa (Citalopram) — Antidepressant (SSRI), 2001–2005

Celexa was prescribed continuously throughout the period at 20–40mg. When discontinuation was attempted, the subject experienced documented discontinuation syndrome: nausea, dizziness, and headache — standard withdrawal effects from SSRIs that occur because the brain

has structurally adapted to the drug's presence. Discontinuation syndrome is not evidence of the underlying condition requiring treatment. It is evidence that the body was dependent on the drug.

Additional noted effects in the record: reduced libido; weight gain (compounded with the other medications). SSRIs are also associated with sexual dysfunction, emotional blunting, and — particularly concerning given the record — the FDA's black box warning about increased suicidal ideation in some patients, particularly during dose changes.

Lorazepam (Ativan) — Benzodiazepine, January–early 2004

Prescribed at 1mg twice daily as needed during the acute January 2004 crisis. Benzodiazepines are physically addictive. They are appropriate for short-term crisis stabilization but carry significant risks with extended use: physical dependence, cognitive impairment, memory suppression, and documented difficulty with discontinuation. The record shows this was used for a limited acute period and then discontinued, which is the appropriate protocol. However, its prescription during a period of extreme situational stress — rather than psychiatric illness — is consistent with the overall pattern: treating the effects of an external crisis with medications designed for endogenous disease.

Geodon (Ziprasidone) — Antipsychotic, briefly in late 2004

Prescribed as a transition medication when switching off Depakote. Documented in this record: nightmare experiences at 40mg, causing the subject to stop the medication. The trial was abandoned. Geodon carries risks of cardiac arrhythmia (QT prolongation) and all the standard antipsychotic risks.

Lamictal (Lamotrigine) — Mood Stabilizer, 2005–2013

Lamictal was the primary mood stabilizer in the later years, gradually replacing the earlier heavier regimen. The subject tolerated it better than the preceding drugs and it was reduced incrementally over years. By 2012 she was on 12.5mg — a dose below any therapeutic range — and by June 2012 she had stopped all medications. Lamictal carries a black box warning for Stevens-Johnson syndrome, a potentially fatal skin reaction; Plesons documented discussing this risk with the subject in November 2004 before initiating it. Additional side effects documented in this record: nausea; dizziness; cognitive effects at higher doses; a spine and feet sensation described as unbearable that resolved after dose adjustments.

The Compound Harm: What This Record Shows

This is not a record of a person receiving appropriate treatment for a confirmed illness. It is a record of a person being administered powerful psychoactive medications for a diagnosis that the prescribing psychiatrist himself described as uncertain — and that his predecessor explicitly questioned. The medications were not inert. They caused documented, measurable, physical harm: hormonal disruption requiring imaging studies; hair loss; tinnitus; cogwheeling; hypersomnia; cognitive dulling; weight gain; nausea; ER visits; discontinuation syndrome. Several of these effects — hair loss, potential cognitive changes, cardiac metabolic risk — may have long-term sequelae.

The subject spent years working at the highest levels of professional performance — publishing peer-reviewed scholarship, managing a national conference, maintaining an international dance career — while carrying this medication burden in her body. The medications suppressed cognition. She continued to excel anyway. The medications caused hair loss. She continued to perform. The medications required 10–12 hours of sleep. She continued to work. The person who did all of this was not sick with the disease she was being treated for. The record makes this plain. By 2013, she was off almost everything, the "diagnosis" was being openly questioned, and her mental status examinations — conducted throughout the entire period, even at the height of the UCSB crisis — consistently documented: no psychotic symptoms. No delusions. No thought disorder. Intact judgment. Intact memory. Euthymic mood. Appropriate affect.

Documentary Record

DOCUMENTED IN RECORD	Risperdal: galactorrhea requiring brain MRI and pituitary workup. Discontinued by Plesons as a result.
DOCUMENTED IN RECORD	Seroquel: hypersomnia 10-12 hours/night; cognitive dulling and word-finding difficulties directly correlated with dose (reducing dose improved cognition per Plesons' own notes); sedation; weight gain; abdominal pain requiring ER visit; constipation.
DOCUMENTED IN RECORD	Depakote: hair loss; tinnitus; cogwheeling on neurological exam; weight gain; nausea; easy bruising; rashes. Subject requested discontinuation. Plesons agreed.
DOCUMENTED IN RECORD	Celexa: discontinuation syndrome (nausea, dizziness, headache) on dose reduction. Reduced libido. Weight gain.
DOCUMENTED IN RECORD	Geodon: nightmare experiences at 40mg. Trial abandoned.
DOCUMENTED IN RECORD	Throughout the entire record, including during acute crisis periods, mental status examinations consistently document: no psychotic symptoms, no delusions, no thought disorder, intact judgment, intact memory, euthymic mood, appropriate affect.

DOCUMENTED IN RECORD	By June 2012 the subject had discontinued all medications. By March 2013 she was on occasional minimal doses PRN only. The diagnosis was being openly questioned by both subject and prescriber.
DOCUMENTED HARM	Risperidone causes hyperprolactinemia suppressing reproductive hormones; documented risk of infertility; documented risk of tardive dyskinesia (potentially permanent); metabolic syndrome. Confirmed in this record: galactorrhea requiring medical imaging.
DOCUMENTED HARM	Quetiapine: anticholinergic effects causing memory and cognitive impairment; metabolic syndrome; cardiac risk including elevated risk of sudden cardiac death and stroke; thyroid hormone reduction; tardive dyskinesia risk. Confirmed in this record: cognitive dulling, word-finding difficulties, hypersomnia, weight gain, abdominal pain.
DOCUMENTED HARM	Valproate: hair loss (often permanent or partially irreversible); tinnitus; hepatotoxicity risk (black box warning); thrombocytopenia; life-threatening pancreatitis risk; considered one of the most harmful drugs available to women of reproductive age. Confirmed in this record: hair loss, tinnitus, cogwheeling.
DOCUMENTED HARM	Celexa/SSRIs: physical dependence causing discontinuation syndrome; sexual dysfunction; emotional blunting; FDA black box warning for suicidal ideation risk during dose changes. Confirmed in this record: discontinuation syndrome, reduced libido.
CONTESTED	The underlying diagnosis that justified this medication regimen was never confirmed. The prescribing psychiatrist documented uncertainty explicitly. The prior psychiatrist questioned it outright. By the final years of treatment, both patient and prescriber were questioning whether the bipolar diagnosis was valid. A person with no confirmed psychotic disorder who was prescribed antipsychotics received those drugs' harms with none of their intended benefits.

VIII. Closing Statement

This record exists because the subject survived. The dance company was built. The archive is being restored. The Foundation's work preceded by nearly two decades the language that professionals would later develop to describe what was done to her body and mind.

The gap in the record — what was destroyed, what remains classified, what was never written down — is not a gap in the truth. It is the documented consequence of a 1973 act of institutional self-protection that has been confirmed by the United States Senate.

> *The body held what the record could not. The art carried what the system tried to erase. This document is the beginning of naming both.*